

Mini Omelettes

Ingredients

75g Cooked Ham
75g Mature Cheddar Cheese
6 Fresh Chives (optional)
1 small tin of Sweetcorn
6 Eggs
2 tbsp. Milk

Optional Extras:

If you prefer you can swap the sweetcorn for any of the following:

4/5 cherry tomatoes,
4/5 spring onions
4/5 mushrooms.
 $\frac{1}{2}$ a red, yellow or green pepper.

Method

Remember to wash hands, tie back long hair, put on apron and roll up long sleeves.
Then, read your recipe, get out the equipment you need and organise your work area.

1. Preheat oven to 180/GM4.
2. Grease silicone muffin tray and stand on a baking tray.
3. Cut the ham into small pieces.
4. Grate the cheese and snip the chives.
5. Divide ham, cheese, chives and sweetcorn between each hole in the muffin tray
6. Break eggs into a large jug and add the milk- beat until mixed together
7. Pour the egg mixture into the muffins holes- covering the other ingredients
8. Cook for 15-20 minutes or until set and until golden brown
9. Leave to cool then turn out

REMEMBER!

You have not finished your practical until:

- ✓ Your washing up is clean, dry and put away in the correct place.
- ✓ You have checked your cupboard and drawer and they look exactly like the photo.
- ✓ Your teacher has checked your area.

REMEMBER!

Bring a suitable,
sealable container to
take them home. E.g.
a plastic food storage
box with a clip lid.